

The major side effects are pain, decreased fertility, scrotal sag, testicular shrinkage, and decreased testosterone. Many people experience some of the following symptoms as well: Embarrassment, gynecomastia, erectile dysfunction, weak or quickly lost erections, low sex drive, decreased masculinity, low motivation, decreased muscle tone, infertility, and increased estrogen.

Treatment

1 :don't look there

2 :rest

3: keep them cool not to cool

4:Not always try to cool them

5:dont stand or sit to much

6:lying down will help

7:be positive relax n stress free

8: take a nap

9:Feet on wall

To perform this exercise, begin by sitting next to the wall, with the wall on your side. Get in close, so that the side of your hip is almost touching the wall. Then lay back perpendicular to the wall as you extend your legs up. It is important to bring your hip close to the wall as doing so will force your pelvis to tilt upwards and make your legs more straight (improving blood circulation). To enhance this exercise, consider raising your butt higher by placing a pillow underneath it.

10:COOL SHOWER

COOL SHOWER The cold shower is the most common thing that people think of when they want to cool their testicles and contract their varicose veins for better blood flow. It is quick, easy and effective, but most people do it wrong. A lot of time, people make the mistake of taking a cold shower and stressing their whole body. Instead, try cooling only your testicles, not your entire body. Your body needs to be at its normal temperature and your testicles at their normal temperature. Notice that the exercise name is not "cold" but "cool" shower. The water should feel lightly cool against your body and just normal on your testicles. There really is no need for super cooling your testicles, and you will not notice faster results from doing so. Remember to normalize not thermo frost.

Perform this exercise at most once every other day. Cool under running water for maximum of 60 seconds.

11:avoid cushions

12:SITTING You want to put your legs up on something when possible as it will lower the blood pressure on your varicocele. Also, instead of sitting slouched into your chair, sit up tall, with good posture. Try performing a mild version of the axial extension I mention in a later chapter. Slouching collapses your ribs into your stomach, disables full breath and disables the muscular support of your torso. Do not sit for more than two hours at a time without getting up to take a break and stretch. If you do sit for prolonged periods, perform hip stretches and abdominal exercises to counteract the negative impact.

13:SLEEP The most inflamed, swollen or painful days are the ones you should just go to sleep. If nothing you do works, it is probably time to wave the white flag. Just go to bed. Sleeping for the night will relieve the pain, almost every time. Just make sure the next day you do your best to keep your testicles cool and stress free. The most important thing is to have a good night's sleep. Do not worry about all the details in this section because getting a good night's sleep by itself will usually induce more healing, cooling and pain relief than the details. Do your best to make yourself have a good night's sleep. Take a nice warm shower, drink camomile tea, wear an eye mask, stretch, etc.

Scrotal temperatures can elevate at night if not taken care of, so I do highly recommend that you make sure you drain and cool your varicose veins before going to sleep. And, as noted in the napping section, it is important to sleep bottomless, or in thin and breathable pajama pants or underwear. Consider these as the basics that you must practice daily. At night, scrotal temperatures during lying on the side or front are higher than during lying on the back. Therefore, ideally, you want to sleep lying on your back. This is relatively hard to do for most people, so I just recommend not caring.

14: Don't do anything that feels stressful. Healing should feel natural and easy.

15: You should not cool your testicles for more than fifteen minutes a day.

16: SIT WITH YOUR LEGS CROSSED

17: STOP CIGARETTE SMOKING, DRINKING ALCOHOL AND DRINKING COFFEE
CIGARETTES

18: stop mast

19: Eating too quickly, then exercising or running for the day's tasks can irritate the digestive system, leading to bloating. Take more time when it comes to food, eat a bit slower, and make your diet more wholesome.

20: You need to have some fermented food as a regular part of your diet. I am not talking about artificially sweetened yogurt, what I mean is fermented food like plain white yogurt, pickled food (e.g., pickled cucumber, hot peppers, and cauliflower), soaked nuts (e.g. almonds, walnuts, sunflower seeds), miso, tempeh, kimchi, etc.

21: Therefore, it is important to breathe deeply through your stomach and to have an active lifestyle.

22: I recommend practicing at least five minutes of deep breathing daily; it is very helpful healing the varicocele.

23: SCROTAL TUCK As mentioned earlier, strengthening the cremaster muscle is important for long term healing. Furthermore, their strengthening is critical for reducing the embarrassing scrotal sag. Sagging occurs because the varicocele weighs down and over time, stretches the cremaster muscles of the affected side. As the testicles hang lower, more blood is able to pool and a feedback mechanism initiates that increases the severity of the varicocele over time. Hanging low with pooled blood also tugs on your varicose veins and can be the cause of pain. Therefore, it is important to strengthen this muscle to aid in long-term healing and pain relief. I highly recommend that you perform this exercise while lying down, before bed or with your legs up on the wall, to minimize the pressure accompanied by exercise. To get the feel for the exercise, begin by contracting your anus muscle (your butt hole) as if you are holding back gas. As you do this, try to feel as if you are pulling your testicles up and toward your body. With experience, you will become more and more able to tense your scrotal muscles and relax your anus. Hold the tension for a few seconds and then slowly release the muscle. It is important to have high time under tension with little rest since the cremaster muscle is a smooth muscle that requires long time under tension to strengthen. Like any exercise, this may not be easy to do at first and you may only be able to tighten the muscle for a few seconds, but aim to have the muscle under at least two minutes of tension total. You want to

hold the tension for either 5 or 10 seconds and then slowly release the muscle. Rest at most for 5 seconds and then tense again. Repeat this (contract and release) until you have a total time under tension of 2 minutes (e.g., repeat 12 times if you are holding the tension for 10 seconds). Perform this exercise every day before bed.

24:Nutrition can be very effective for improving venous tone. Of note are bilberries, bioflavonoids, Butcher's Broom, gotu kola, horse chestnut seed, and vitamins B, C and E. These contain specific chemical that act as anti-oxidants (oxidative damage prevents healing of varicose veins), alleviate venous inflammation, increases vein elasticity, protect venous connective tissue, tighten blood vessels, repair and maintain veins, enhance venous emptying, and have blood-thinning effects. See the chapter on nutrition for further details.

25:PENIS STRETCHING For this first exercise, begin by lying on your back, with your legs spread slightly and knees bent. Make sure that your varicose veins are drained. Start by grabbing your penis on the upper part of the shaft, close to the penis head. Pull your penis up toward your abdomen, until you feel a light stretch. Hold this for 5 to 10 seconds. Then follow up by stretching your penis to the left, right, down and straight out. Switch hands and repeat the sequence one more time. Remember that a light stretch is good enough. Make sure to not to tug on your varicose veins. If you have to, hold your scrotum in one place while performing the stretches. You can perform this exercise as regularly as you like. It is especially effective after long hours of sitting, standing, running or biking. The stretching should last about two minutes.

26:Foods high in bioflavonoids include oranges, apples, apricots, blueberries, tomatoes pears raspberries, strawberries, cherries, white, yellow and orange vegetables, parsley, tomatoes, onions, peppers, and buckwheat. You should include some of these as a regular part of your diet.

27:VITAMIN C Vitamin C is important for repairing veins and keeping them flexible and strong. Food high in vitamin C includes peppers, guavas, parsley, kale, watercress, broccoli, Brussels sprouts, kiwi fruits, papaya, and oranges.

28:VITAMIN K Vitamin K may boost testosterone. Food high in vitamin K includes beef, dairy, eggs, spinach, kale, green peas, watercress cabbage, basil, sage, thyme, cayenne pepper, chilli powder and paprika.

29:

Here are some foods that I highly recommend for increasing volume: Bananas, avocados, green beans, turnip, sweet potatoes, yams, beans, chickpeas, lentils, rice, and spaghetti.

30:eat fish

31:eat meat less

32:Fat is good for you. Do not subscribe to diets that are low in fat. At least 30-50%

33:Zinc also boosts testosterone levels. Instead of supplementing with zinc, I recommend just consuming food high in zinc, including beef, poultry, liver, shell-fish, rice, wheat, spinach, nuts, seeds, and

legumes. Quinoa, garlic and vitamin D also notably boost testosterone levels

34:Foods shown to decrease estrogen levels include broccoli, cauliflower, cabbage, and mustards, brussels sprouts, turnips, kale, bok choy, and green tea. Vitamin B6 is also note-worthy for normalizing estrogen levels.

35:less salt

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Exercise

1:SQUATTING ON THE TOILET

2"STRETCHING THE CREMASTER MUSCLE

3:Aerobic exercise

4:CREATING SPACE IN ABDOMINAL CAVITY

5:REACHING UP AND TO THE SIDES

6:BENT REACHING FORWARD AND TO THE SIDES

7:TESTICLE MASSAGE

Only perform this exercise while lying on your back with your legs on the wall.

8:PENIS STRETCH, PERINEAL MASSAGE AND PROSTATE STIMULATION The perineum refers to the area below the abdomen and between the thighs and anus

9:PERINEAL MASSAGE

10:PROSTATE STIMULATION

11:KEGEL One of the most well recognized exercises for naturally enhancing penile performance is the kegel (also known as the pelvic floor exercise).

12:Those without varicocele can perform this exercise anywhere. However, for those with varicocele, I highly recommend performing this exercise while lying down or with your legs on the wall, as it increases pressure in the lower abdomen and pelvic region. I recommend performing this exercise five days a week for three months, then slowly winding down to once a week.

13:BOWEL MOVEMENTS

14:STOOL VOLUME

15:TRANSVERSE ABDOMINAL

16:AXIAL EXTENSION

17:CORE EXERCISES

18:CRUNCHES

19:LEG RAISES

20:LOWER BACK EXTENSIONS

21:STANDING TWISTS

22:REACHING UP

23:REACHING UP AND TO THE SIDE

24:RUBBING BELLY

25:STANDING FORWARD BENDS

26:SPHINX POSE

27:JUMPING

28:LOOSEN UP HIPS HAPPY BABY POSE

I recommend performing it every night for at least 30 seconds before sleep.

29:BRIDGE POSE

30:AEROBIC FITNESS (AKA CARDIOVASCULAR FITNESS) BIKING

31:RUNNING

32:ANAEROBIC EXERCISE (HIGH INTENSITY EXERCISES)

33:MUSCULAR/POSTURAL IMBALANCES

34:ANTERIOR PELVIC TILT AND ROUNDED BACK

35:POSTERIOR PELVIC TILT AND ROUNDED BACK

36:ROUNDED UPPER BACK AND SHOULDERS